

# THE BLOOMFIELD GAZETTE, NOVEMBER 30, 1872.

The Bloomfield Gazette.

Office, At the Post Office.

SATURDAY, NOVEMBER 30, 1872.

## ATHLETIC EXERCISE.

Our literary and scientific journals, and some of the daily papers also, have, of late, been discussing the subject of athletic sports. The New York Times, particularly, has published several strong articles; urging young men to turn their attention to athletic exercise in the open air. This effort has already resulted, in New York, in the formation of clubs for playing foot-ball and other games requiring vigorous exertion. Our young men are beginning to realize the fact that, though many fine specimens of manhood are frequently seen in the country, yet as a race we are inferior to the English and Germans. In our cities and their environs, there is a constantly increasing class of men, who either drop off suddenly under the strain and confinement of business, or break down while still in the prime of life, and drag out a miserable existence during the rest of their days. Such men do not accomplish one-half their allotted work, nor draw from life a tithe of the enjoyment to which, by nature, they are entitled.

All sedentary occupations are injurious to the health, both directly and indirectly; directly, because they cramp the body, and confine it in an unnatural position; indirectly, from the lack of free air and exercise. How to counteract these tendencies, and preserve health, is a matter for grave consideration. It is time, in this age and country, for people to know something about their bodies; what they are, and what will keep them in good order, and what will injure them. A large part of a man's enjoyment in life, depends on the state of his physical system. Morals excepted, there is nothing of greater importance than bodily health; it is not second to even intellectual vigor. For of what use is an educated mind, burdened with a suffering body? But comparison is not necessary; intellectual and physical education should go hand in hand. And yet, just here, there is a fundamental error in our educational systems. The institutions where suitable provision has been made to supply this want, are so few as to be only exceptions to the general statement. Sometimes a gymnasium is built, and the students are left to use it or not, as best suits them. Where exercise is required, and instructors engaged, the study of physiology is often omitted. A knowledge of this subject, which should be amongst the earliest studies of childhood, is almost altogether confined to the liberally educated; and of these only a few know anything about it. The most lamentable fact connected with the matter, is that men are satisfied to remain ignorant. Teachers are not altogether to blame; most parents oppose their children studying physiology, and give no attention to it for themselves. It is taught in but few schools, and in them to only a small proportion of the pupils. Our public lecturers, who are supposed to know the popular taste, treat us to every conceivable thing—historical and biographical, literary and scientific, instructive and entertaining; even lost arts and dead languages are discussed before admiring crowds. But not a corporal's guard will attend a course of lectures on the structure of man's body and the laws of health. It is a cause of thanksgiving that the Press has entered the field with so much zeal.

Any one who has ever thought at all, must have learned that certain things are essential to health. Food and sleep, most persons will acknowledge, are requisite; and yet without much thought as to the kind and quantity. As regards air, there is more ignorance or sin, or both, than about any other matter pertaining to health. One of the plainest facts connected with warm-blooded animals, is that they require a constant supply of pure air; otherwise their blood becomes filled with poisonous matter, which will sooner or later produce disease or death. Exercise is useful in every respect. Without undertaking to give an account of the various ways in which it affects the system, it is enough to say that anyone's experience must have taught him—if he has been willing to think of the subject—how intimately connected it is with his comfort and health. The Times cites a case in point:

A gentleman called at our office the other day to cite his experience of walking. He said that he lived in Thirtieth street, and that he had been compelled, in consequence of the horse disease, to walk to and from his office every day. The first two days he felt weary when he reached his office, and unfit for entering on business with his usual activity. He was tired when he got home, and had little appetite. But after a few days he began to enjoy the walk; found that his business activity was increased, and his appetite for dinner was as good as ever, and a more healthy one. He had, too, not known a twinge of dyspepsia for a week. A friend, who had been his companion in his every-day walk, had a similar experience. They have both wisely determined to eschew horse-drawn vehicles, except on wet days.

While gymsnasiums are grand things for exercise, particularly in winter; and while, too, ball and boating afford capital athletic exercises; walking fulfills every requisite need, and is within the reach of all conditions and ages. In fact, it has the advantage, that while it is taken where the supply of fresh air is constant, and its friction is felt all over the body, there is little risk of over exertion. This is of importance, particularly to persons of middle life.

But we must go farther back and begin with the children. They must be encouraged to play. "Strange notion," some may think; "they play enough already."

## PERAMBULATIONS ABOUT BLOOMFIELD.—No. 1.

We sallied out for a walk the other afternoon. Starting at Ridgewood Avenue, we followed our new grand Boulevard, Bloomfield Avenue, yclept "The Turnpike," and found the residents on that beautiful avenue pretty generally adjusting their houses and their places of business to the new order of things. The twenty feet increased width of the road has of necessity curtailed the yards of some, and in a few instances, intruded upon the front stoops. In some cases the houses themselves had to retreat several feet. The change of grade has left some residences below the level of the avenue, but still more, quite too high above it. We heard some fault-finding with the awards, and intimations that a suit will be instituted against the county by a few irreconcilables, but we apprehend they will be none the richer or happier when the verdict shall be announced. All acknowledge the improvement a splendid one; and it is not in the nature of things that it should be effected without "treading upon somebody's corns." We confidently believe it will be found to have benefited every citizen in the town, if viewed from a standpoint in the year 1875.

We halted a little at the meadow which has now taken the place of what was formerly Watsessing Lake or Pond; the disappearance of which was hailed with the liveliest satisfaction by our entire community. Its present aspect certainly changes the scene very greatly for the better; and as far as we understand the views and plans of the Company who have come into possession of that valuable property, their improvement, when completed, will leave us no regrets for the metamorphosis, and nothing special to desire for the interest and credit of Bloomfield.

We passed into the "Old Road" at the foot of Adams Hill. We want to enter our protest against the continuance of this name for that avenue. It would be no difficult matter, we should judge, to agree upon a pleasing name, that would be agreeable for euphony and significant for its personal or historical associations. Why not call it EAST AVENUE? We were glad to see that the street has a good continuous sidewalk from "The Green" through Franklin street and the "Old Road," to Weaver Avenue, beyond the hill.

Mr. Jno. G. Maxfield is just completing a fine house for his own residence, and his son, Joseph B. Maxfield, another quite near for his new home. Farther on, Mr. Jay L. Adams has built three fine houses, equipped with modern improvements and beautifully situated, one or two of which, we understand, are still in the market, and would be sold to a party that would become a desirable neighbor. This is a good opportunity to get a choice home on favorable terms.

On Weaver Avenue, there are three new houses, including Mr. Weaver's handsome residence. This Avenue runs from Franklin Avenue North to and beyond the horse railroad.

Crossing into Watsessing Avenue, we struck a sidewalk again, recently laid through the entire length of this street, and beyond the railroad, nearly or quite to the Orange Line.

Many new houses are completed, or under way at this stirring "South End" of our village. The foundry and hat factories are well known, and speak creditably for the enterprise of Watsessing.

## MONTGOMERY STREET.

Messrs. Editors: In your last issue I notice a paragraph coupling Montgomery with Montgomery street. The village of Montgomery (if it may be dignified by the title) belongs exclusively to Belleville Township, and has nothing whatever to do with Bloomfield proper or Bloomfield Township, least of all with "Montgomery street." The street named, alone, contains more buildings than the entire village of Montgomery.

This explanation is offered in order that a somewhat prevalent mistake may be corrected—viz., that Montgomery street and Montgomery village are one and the same, or at least that they are connected in some way with each other, when, in reality, there is parity neither of location nor interest, the idea of association ceasing with the name itself.

A suggestion is made regarding improvements along the line of Montgomery street, and its extension through to Bloomfield avenue. Now, Messrs. Editors, while its extension is desirable, and will one day become even necessary, yet just at this time what we need most is not its extension in length so much as a considerable addition to its present width, bringing in an element which is now absent—that of uniformity.

If we could have Montgomery street widened to sixty feet throughout its entire length, reaching from Franklin street to the Belleville line (leaving the question of extension for future consideration), it would be an improvement equally important and advantageous, both to owners of property along its borders, the traveling public generally, and the town of Bloomfield in particular.

What we in this part of our town see is, that the houses of a Hessian man—a professor!—Barbara Walker sixteen years in a guest-house! What an amount of hard work she has done! Then follow fifteen years, thirteen, eleven, ten, and so down. Can any country in the United States show such a record? Now let the "Servants' Prize Company" be organized and the premiums offered!

Then comes the queerest part of all, and I respectfully call the attention of political economists, especially female, in the United States, to this proceeding, as furnishing a means of solving the vexation question. "How shall we keep our girl, five weeks?" With words of commendation, the proper officer mentions the names of forty-seven servants, each of whom had lived over five years in the employ of one master, to twenty of whom he gave prizes in money, and on the heads of the other twenty-seven he showered praises and honors in unlimited measure. As a curiosity, I submit a few of the facts. One man has been thirty-six years in service at a tavern, another twenty-eight years at a post-house; this one eighteen years, the next ten, then eight and three-quarters, and so on. Now catches my eye that which gives hope for America. Josephine Peterler (she'll never come so near to fame again, as she does now) twenty-one years at one house! and that the house of a Hessian man—a professor!—Barbara Walker sixteen years in a guest-house! What an amount of hard work she has done! Then follow fifteen years, thirteen, eleven, ten, and so down. Can any country in the United States show such a record? Now let the "Servants' Prize Company" be organized and the premiums offered!

As to the name of our streets and avenues, we are just now in the midst of opening new ones, and, withal, "reconstructing" and "straightening" one or two old ones, and will, it is hoped, in a short time have them christened and published in the Gazette.

Yours truly,

Bloomfield, Nov. 22, 1872.

## CONCERNING A NAME.

Messrs. Editors: At a meeting held soon after the erection of the new school house upon Baldwin street, it was voted that it should be called the "Brookside School House," and it was expected that "Brookside" should also be used to designate the surrounding neighborhood.

This name has not proved popular, and, as a consequence, the ancient one of "The Morris Neighborhood" is still in vogue. It is thought by many that this is a somewhat lengthy and awkward title to this progressive age; in word, it is desired that we have a shorter name. Retain the "Morris" if you like, but let it be abridged; for instance, "Morrison," provided, of course, such change be approved by a majority of the people residing in this locality. If there are objections, or a better name, let them be heard of through the Gazette.

A word as to our boundaries. The old limits were that part of the township immediately north of and in the vicinity of Mr. Baldwin's store, embracing the homesteads, farms, etc., of the Morris family.

Since the late election, a petition to the Town Committee has been circulated, asking that a new Poll District be set off for this part of the town, to embrace that section lying north of Benson street.

This would include the Morgestonians and Stone House Plains beyond, and be a very equitable way of dividing the town into two districts.

As to the name of our streets and avenues, we are just now in the midst of opening new ones, and, withal, "reconstructing" and "straightening" one or two old ones, and will, it is hoped, in a short time have them christened and published in the Gazette.

Yours truly,

Bloomfield, Nov. 22, 1872.

## THE CITIZEN'S PROTECTIVE ASSOCIATION OF BLOOMFIELD.

In the Spring of 1869 the town was visited by burglars, and a large number of dwellings were entered. The people were aroused and determined to arrest and bring to punishment the perpetrators of these crimes, and, to afford better protection to each other and to the village, in July, 1869, this society was formed, with the following officers:—J. F. Sanxay, president; C. H. Nash, secretary; J. P. Jones, treasurer. Executive Committee—D. Oaks, A. T. Morris, R. Peale, J. F. Randolph, C. Baldwin. The society actively engaged in its work, and soon followed the arrest and conviction of burglar three of whom are now in the State prison, serving out terms of from three to ten years.

We cry "shame" on the woman wearing one thousand dollar dresses, and land Elizabeth Tudor who issued a solemn protest against dress, and at her death had over 3,000 items in her wardrobe.

I have seen, said he, a man walking the lobbies of the Legislature shaking a handful of bills, and crying: "that's what makes the law;" but let us look back and see how the British Parliament was bought up like quarters of beef. Then, coming more closely to his subjects said: If the cultivated girl of the present had been of the age of Pericles, she would have been branded with shame; for in the golden age of Athens such ladies were an outlawed class. Pericles himself wrote that the greatest good to be said of woman was that she was known neither for good or evil. This same spirit existed when, three hundred years ago, in Dijon, France, a school taught by a woman was broken up, and she pelted through the streets.

Then he spoke of Chesterfield's opinion of woman, as expressing the position they held in his time. It is the foolish imagination that sighs after the "Good Old Past." The greatest glory of these times being the discontent people had for them and their struggles after emancipation. The remainder of the lecture was filled with lesser anecdotes, and the tracing of woman's gradual rise to the position she cannot enjoy the reading of History, that they cannot remember it. These people are either unscrupulous or do not rightly commence their efforts. It is not necessary to remember every book. As we continue to read, we will come on the same facts again and again from different points of view; and facts which we cannot get singly we get in the web linked, event to event. So that we see at a glance the great and underlying causes of the writings of our favorite authors, Shakespeare, Dante, Milton, and the like. We will thus have a continuous whole and not like a man in a balloon, only touching earth at distant and unconnected points. Those whose minds are narcotized with the absinthe of novel reading say History is dry. They are mistaken. History is full of the most thrilling tragedies, comedies and scenes that put to shame the feeble attempts of a novelist.

Mr. Harrison then went on to illustrate the strangeness of History by the tale of Leo V. of Constantinople and his jester, the "Stammerer." After which he spoke of the light thrown on History in later days by the comparative study of language, which our forefathers did not have, being restricted to the satisfying of hunger. I suppose there is no one object on which people have more vague ideas than the study of History. People say that they cannot enjoy the reading of History, that they cannot remember it. These people are either unscrupulous or do not rightly commence their efforts. It is not necessary to remember every book. As we continue to read, we will come on the same facts again and again from different points of view; and facts which we cannot get singly we get in the web linked, event to event. So that we see at a glance the great and underlying causes of the writings of our favorite authors, Shakespeare, Dante, Milton, and the like. We will thus have a continuous whole and not like a man in a balloon, only touching earth at distant and unconnected points. Those whose minds are narcotized with the absinthe of novel reading say History is dry. They are mistaken. History is full of the most thrilling tragedies, comedies and scenes that put to shame the feeble attempts of a novelist.

It is my wish to make these Lectures of a familiar and conversational tone, one calculated to enlist our sympathies and interest, rather than of a polished character. They will be both conversational and discursive, not discussing ecclesiastical polity. I wish to stimulate in the minds of the young an inclination to read, for if these lectures cannot lead to this, they are of no more good to the mind than a lecture on Dietetics to the satisfying of hunger. I suppose there is no one object on which people have more vague ideas than the study of History. People say that they cannot enjoy the reading of History, that they cannot remember it. These people are either unscrupulous or do not rightly commence their efforts. It is not necessary to remember every book. As we continue to read, we will come on the same facts again and again from different points of view; and facts which we cannot get singly we get in the web linked, event to event. So that we see at a glance the great and underlying causes of the writings of our favorite authors, Shakespeare, Dante, Milton, and the like. We will thus have a continuous whole and not like a man in a balloon, only touching earth at distant and unconnected points. Those whose minds are narcotized with the absinthe of novel reading say History is dry. They are mistaken. History is full of the most thrilling tragedies, comedies and scenes that put to shame the feeble attempts of a novelist.

Then he spoke of Chesterfield's opinion of woman, as expressing the position they held in his time. It is the foolish imagination that sighs after the "Good Old Past." The greatest glory of these times being the discontent people had for them and their struggles after emancipation. The remainder of the lecture was filled with lesser anecdotes, and the tracing of woman's gradual rise to the position she cannot enjoy the reading of History, that they cannot remember it. These people are either unscrupulous or do not rightly commence their efforts. It is not necessary to remember every book. As we continue to read, we will come on the same facts again and again from different points of view; and facts which we cannot get singly we get in the web linked, event to event. So that we see at a glance the great and underlying causes of the writings of our favorite authors, Shakespeare, Dante, Milton, and the like. We will thus have a continuous whole and not like a man in a balloon, only touching earth at distant and unconnected points. Those whose minds are narcotized with the absinthe of novel reading say History is dry. They are mistaken. History is full of the most thrilling tragedies, comedies and scenes that put to shame the feeble attempts of a novelist.

It is my wish to make these Lectures of a familiar and conversational tone, one calculated to enlist our sympathies and interest, rather than of a polished character. They will be both conversational and discursive, not discussing ecclesiastical polity. I wish to stimulate in the minds of the young an inclination to read, for if these lectures cannot lead to this, they are of no more good to the mind than a lecture on Dietetics to the satisfying of hunger. I suppose there is no one object on which people have more vague ideas than the study of History. People say that they cannot enjoy the reading of History, that they cannot remember it. These people are either unscrupulous or do not rightly commence their efforts. It is not necessary to remember every book. As we continue to read, we will come on the same facts again and again from different points of view; and facts which we cannot get singly we get in the web linked, event to event. So that we see at a glance the great and underlying causes of the writings of our favorite authors, Shakespeare, Dante, Milton, and the like. We will thus have a continuous whole and not like a man in a balloon, only touching earth at distant and unconnected points. Those whose minds are narcotized with the absinthe of novel reading say History is dry. They are mistaken. History is full of the most thrilling tragedies, comedies and scenes that put to shame the feeble attempts of a novelist.

It is my wish to make these Lectures of a familiar and conversational tone, one calculated to enlist our sympathies and interest, rather than of a polished character. They will be both conversational and discursive, not discussing ecclesiastical polity. I wish to stimulate in the minds of the young an inclination to read, for if these lectures cannot lead to this, they are of no more good to the mind than a lecture on Dietetics to the satisfying of hunger. I suppose there is no one object on which people have more vague ideas than the study of History. People say that they cannot enjoy the reading of History, that they cannot remember it. These people are either unscrupulous or do not rightly commence their efforts. It is not necessary to remember every book. As we continue to read, we will come on the same facts again and again from different points of view; and facts which we cannot get singly we get in the web linked, event to event. So that we see at a glance the great and underlying causes of the writings of our favorite authors, Shakespeare, Dante, Milton, and the like. We will thus have a continuous whole and not like a man in a balloon, only touching earth at distant and unconnected points. Those whose minds are narcotized with the absinthe of novel reading say History is dry. They are mistaken. History is full of the most thrilling tragedies, comedies and scenes that put to shame the feeble attempts of a novelist.

It is my wish to make these Lectures of a familiar and conversational tone, one calculated to enlist our sympathies and interest, rather than of a polished character. They will be both conversational and discursive, not discussing ecclesiastical polity. I wish to stimulate in the minds of the young an inclination to read, for if these lectures cannot lead to this, they are of no more good to the mind than a lecture on Dietetics to the satisfying of hunger. I suppose there is no one object on which people have more vague ideas than the study of History. People say that they cannot enjoy the reading of History, that they cannot remember it. These people are either unscrupulous or do not rightly commence their efforts. It is not necessary to remember every book. As we continue to read, we will come on the same facts again and again from different points of view; and facts which we cannot get singly we get in the web linked, event to event. So that we see at a glance the great and underlying causes of the writings of our favorite authors, Shakespeare, Dante, Milton, and the like. We will thus have a continuous whole and not like a man in a balloon, only touching earth at distant and unconnected points. Those whose minds are narcotized with the absinthe of novel reading say History is dry. They are mistaken. History is full of the most thrilling tragedies, comedies and scenes that put to shame the feeble attempts of a novelist.

It is my wish to make these Lectures of a familiar and conversational tone, one calculated to enlist our sympathies and interest, rather than of a polished character. They will be both conversational and discursive, not discussing ecclesiastical polity. I wish to stimulate in the minds of the young an inclination to read, for if these lectures cannot lead to this, they are of no more good to the mind than a lecture on Dietetics to the satisfying of hunger. I suppose there is no one object on which people have more vague ideas than the study of History. People say that they cannot enjoy the reading of History, that they cannot remember it. These people are either unscrupulous or do not rightly commence their efforts. It is not necessary to remember every book. As we continue to read, we will come on the same facts again and again from different points of view; and facts which we cannot get singly we get in the web linked, event to event. So that we see at a glance the great and underlying causes of the writings of our favorite authors, Shakespeare, Dante, Milton, and the like. We will thus have a continuous whole and not like a man in a balloon, only touching earth at distant and unconnected points. Those whose minds are narcotized with the absinthe of novel reading say History is dry. They are mistaken. History is full of the most thrilling tragedies, comedies and scenes that put to shame the feeble attempts of a novelist.

It is my wish to make these Lectures of a familiar and conversational tone, one calculated to enlist our sympathies and interest, rather than of a polished character. They will be both conversational and discursive, not discussing ecclesiastical polity. I wish to stimulate in the minds of the young an inclination to read, for if these lectures cannot lead to this, they are of no more good to the mind than a lecture on Dietetics to the satisfying of hunger. I suppose there is no one object on which people have more vague ideas than the study of History. People say that they cannot enjoy the reading of History, that they cannot remember it. These people are either unscrupulous or do not rightly commence their efforts. It is not necessary to remember every book. As we continue to read, we will come on the same facts again and again from different points of view; and facts which we cannot get singly we get in the web linked, event to event. So that we see at a glance the great and underlying causes of the writings of our favorite authors, Shakespeare, Dante, Milton, and the like. We will thus have a continuous whole and not like a man in a balloon, only touching earth at distant and unconnected points. Those whose minds are narcotized with the absinthe of novel reading say History is dry. They are mistaken. History is full of the most thrilling tragedies, comedies and scenes that put to shame the feeble attempts of a novelist.

It is my wish to make these Lectures of a familiar and conversational tone, one calculated to enlist our sympathies and interest, rather than of a polished character. They will be both convers